

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-27-07)

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B670 – OIL, VEGETABLE, 1 GAL

CATEGORY	<ul style="list-style-type: none"> Other Foods
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Refined, bleached and deodorized canola, corn, cottonseed, olive, safflower, sesame, soybean or sunflower oil or a combination. Vegetable oil may have been "winterized." The term "winterized" means that the oil has received special processing so that if used for salad dressing or mayonnaise, it will not solidify or separate at refrigerator temperatures.
PACK/YIELD	<ul style="list-style-type: none"> 6/1 gallon plastic bottles per case. One 1 gallon bottle AP yields 16 cups oil and provides 256 1-Tbsp servings oil. CN Crediting: This product does not meet crediting requirements for food-based menu planning for Child Nutrition Programs.
STORAGE	<ul style="list-style-type: none"> Store bottles of oil in a cool, dry place. Carefully clean spout; replace, and screw cap tightly after each use. When held below 32 °F oil may form solid material which will disappear when the oil is warmed. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Oil, vegetable, soybean, refined

	1 Tbsp (14 g)	1 cup (218 g)
Calories	120	1927
Protein	0 g	0 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	13.60 g	218.00 g
Saturated Fat	2.14 g	33.25 g
Trans Fat	0.09 g	1.48 g
Cholesterol	0 mg	0 mg
Iron	0 mg	0.04 mg
Calcium	0 mg	0 mg
Sodium	0 mg	0 mg
Magnesium	0 mg	0 mg
Potassium	0 mg	0 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	1.25 mg	20.08 mg

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use as directed in recipes specifying oil, salad oil, or vegetable oil. • For general use, vegetable oil and hydrogenated shortening are interchangeable by weight but not by volume.
USES AND TIPS	<ul style="list-style-type: none"> • Use in recipes specifying oil, melted fat, or hydrogenated shortening such as biscuits, cornbread, muffins, rolls, pie dough, and quick bread recipes. Oil can also be used for deep fat frying, pan greasing, oiling baked potatoes, and in salad dressing.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Store properly and use as soon as possible to prevent rancidity.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.